

FITNESS CLASS TIMETABLE



MON	TUE	WED	THU	FRI	SAT
6:15-7:00AM STRENGTH	6:15-7:00AM MEG'S CIRCUITS (PRIVATE CLASS)	6:15-7:00AM SPIN 45	6:15-7:00AM MEG'S CIRCUITS (PRIVATE CLASS)	6:15-7:00AM EMOM	07:30-8:15AM MEG'S CIRCUITS (PRIVATE CLASS)
8:15-9:00AM STRONG	8:30-9:15AM PUMP FITNESS	9:30-10:15AM FIT FOR LIFE	9:00-9:30AM SPIN 30	9:30-10:15AM CORE STRENGTH	8:30-9:15AM SPIN 45
9:30-10:15AM STEP UP	9:30-10:15AM STRENGTH & CONDITIONING	5:30-6:00PM EMOM	9:30-10:15AM BOXERCISE	6:15-7:15PM TEAM GAMES	9:30-10:00AM TABATA
6:00-6:45PM SPIN 45	6:00-6:45PM PLYOMETRIC & AGILITY	7:15-8:15PM LADIES THAT LIFT	6:00-6:45PM FUNCTIONAL TRAINING		10:00-11:00AM TEAM GAMES
7:00-8:00PM CIRCUITS			6:30-7:00PM RIG CIRCUITS		
			7:00-8:00PM CIRCUITS		

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